

## Berryessa Community Center

3050 Berryessa Rd., San José 95132

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Supervisor: Traci Tokunaga

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Bus Line: 62

Types of Programs: Adapted recreation, fee classes, rentals, senior programs, senior nutrition, youth programs and special events.

## ARTS & CRAFTS

### Sewing I/II for Children **\$87**

In this class, safety procedures, basic knowledge of the sewing machine and its operation, selection of fabric, patterns and notions, as well as how to construct simple projects will be covered. This is a continuing program in which the students start with simple projects and progress to more difficult items. Beginning or experienced students are welcome. Maximum class sizes limited to 6 allowing for more individualized attention to each student. Location: Berryessa Portables

*Instructor: Bolton*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.102	T	1/20-3/9	3-4:30pm	9-13	8	Port
212.3.103	T	1/20-3/9	4:35-6:05pm	9-13	8	Port

## DANCE

### Ballet/Tap Combo **\$70**

Come join the fun! This class is a joyful introduction to tap and ballet. Learn ballet positions and tap routines using basic steps and have lots of fun developing coordination and a sense of rhythm. Ballet and tap shoes recommended.

*Instructor: Dance Kids*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.201	T	1/20-3/9	12:30-1:15pm	3-5	8	BR

### Ballet/Tap For Tots **\$47**

Beginning lessons for ballet/tap. Students must wear hard soled shoes and loose clothing or leotard. Parents are allowed to stay for the first 10 minutes of the first day of class and for the class recital.

*Instructor: Dance Arts Academy*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.202	W	1/21-3/10	11-11:55am	3-5	8	BR

*The date, time and location of activities published are correct at the time of publication. Due to unforeseen circumstances, the information published may change.*

### Hawaiian Dance For Keikis (Kids) **\$47**

Ekomo mai! For the next few weeks, you will learn to sway to authentic Hawaiian dance music and have lots of fun. The next time you are in Hawaii or just hanging around the pool, you will be able to dance like a Hawaiian native.

*Instructor: Dance Arts Academy*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.203	W	1/21-3/10	4:30-5:25pm	5+	8	BR

### Hip Hop/Jazz **\$56**

Explore beginner and intermediate Hip Hop dance, music and culture through regular practice of various routines and dance techniques. Develop coordination skills, interpersonal skills, and overcome performance anxiety...and of course have fun doing it.

*Instructor: Camp Carter Intl.*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.204	Sa	1/31-3/20	10-10:50am	6+	8	BR
212.3.205	Th	1/22-3/11	7:30-8:20pm	10+	8	BR

### Hula Dancing **\$56**

Picture palm tress, the gentle sea breeze and the warm tropical sun while you learn the basic hula techniques. Each student will learn Hawaiian history of the songs and chants. This class is designed for all levels. This is your chance to learn this graceful and beautiful dance! Students are required to wear comfortable outfits and should attend class regularly to insure progress with the class.

*Instructor: Camp Carter Intl.*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.206	Sa	1/31-3/20	11-11:50am	5+	8	BR



## City Holidays

The following dates are City Holidays. Most facilities will be closed and no programs held on the following dates:

**Christmas/New Year's Day**  
December 24th – January 1st

**President's Day**  
February 16th

**Martin Luther King**  
January 19th

**Ceazar Chavez's**  
March 31st

For information on holiday closures for a specific program or facility, please call your local PRNS facility.



## DANCE

### Jazz Dance/Tap Combo \$70

Come join the great combination of tap dancing and jazz. Students will learn Tap steps and routines along with energizing Jazz moves and combinations. So put on your dancing shoes and let's jam to some lively and exciting music. Tap and Jazz shoes are recommended.

*Instructor: DanceKids*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.207	T	1/20-3/9	2:45-3:30pm	4-6	8	BR

### Jazz/Hip Hop \$47

Come join this high energy and serious fun dance class. You'll learn great dance moves and routines that will impress your friends. Boogie to the most popular songs and get in shape at the same time. Warm ups and cool down exercises included. This co-ed dance class is best with lots of people...so tell your friends and family members to join with you.

*Instructor: Dance Arts Academy*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.208	W	1/21-3/10	12-12:55pm	3-5	8	BR

## Advisory Councils

### Berryessa Community Center Advisory Council

**Meets every month on the 4th Wednesday 6:30 pm at the Berryessa Community Center**  
Come and voice your opinions about programming at the community center. Plan special events and get involved! Everyone is welcomed to attend.

### Berryessa Citizens Advisory Council (BCAC)

**Meets every month on the 2nd Monday 7:30 pm at the Berryessa Community Center**  
The BCAC is a source of information for the community through public forums, meetings with speakers from the city, county and state governments. The organization provides two-way communication between the community and elected officials.

*We create community  
through People,  
Parks & Programs.*



## EARLY CHILDHOOD RECREATION

**Please read the ECR Policy on page 14**

### Bouncin' Babies \$70

An active class for all babies and parents. Shake, rattle and roll to exciting and lively music. Use tambourines, shakers, drums, and other fun instruments. The class will also have an emphasis on pre-walking and early walking skills.

*Instructor: DanceKids*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.301	T	1/20-3/9	9:30-10:15am	10-18m	8	BR

### Dancin' Boogie Babies \$70

Come have some serious fun with your little one and do the Boogie Woogie Bear! You and your baby will sing and dance to lively nursery songs and children's show tunes. Jump, run, hop and boogie away with hula hoops, dancing scarves, bean bags and more. Class will also include tumbling on mats with easy stretches and exercises to do with your baby.

*Instructor: DanceKids*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.302	T	1/20-3/9	10:30-11:15am	19-30m	8	BR

### Kinder-Ready \$175

This class emphasizes age appropriate activities, which may include crafts, stories, drama, music and games to develop socialization skills, eye-hand coordination and motor skills. Child must be at least 4 years old before the first day of class and must be entering kindergarten fall 2004. You cannot enroll your child in more than one Kinder-Ready class, NO EXCEPTIONS. Each child enrolled must have a parent or adult caregiver help in class and provide a snack for one class during the session.

*No class: 2/16, 2/17, 2/18, 2/19*

*Instructor: Bean*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.303	M/W	1/21-3/24	9-11:30am	4-5	17	BR

### Kinder-Ready \$180

*No class: 2/17, 2/19*

*Instructor: Bean*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.304	T/Th	1/20-3/25	9-11:30am	4-5	18	BR

### Kinder-Ready \$160

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.305	T/Th	1/20-3/25	12-2pm	4-5	18	BR

### Kinder-Ready \$160

Location: Berryessa Portables

*No class: 2/17, 2/19*

*Instructor: Ballejo*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.306	T/Th	1/20-3/11	9:30am-12pm	4-5	14	Port

## EARLY CHILDHOOD RECREATION

### Terrific Tots

**\$70**

This is a creative, imaginative, and serious fun class for toddlers and parents. Children will do what their bodies are meant to do: move and explore! Class includes activities such as singing and dancing to popular show tunes and preschool songs. Everyone plays with hula-hoops, balls, scarves, and musical instruments. Come jump, run, hop, and frolic around. Be a bird, butterfly, bunny or just be yourself and act funny.

*Instructor: Dance Kids*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.308	T	1/20-3/9	11:30am-12:15pm	2.5-3.5	8	BR

### Time for Twos/Threes

**\$107**

Come play with us and meet new friends! The main focus of this class is socialization and learning through play. Children will have free choice of developmentally appropriate activities. A short group time will conclude each class. Some activities may be messy, so come dressed to play. This is a great way to spend quality time with your child. Only enrolled children may attend. No siblings. No exceptions. Parental attendance is mandatory at each class meeting. Location: Berryessa Portables

*No class: 2/16, 2/18*

*Instructor: Ballejo*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.309	M/W	1/21-3/10	9:30-11am	2	13	Port
212.3.310	M/W	1/21-3/10	12-1:30pm	3	13	Port

### Wee Threes & Fours

**\$127**

A socialization program that emphasizes positive self-esteem, following direction and simple learning concepts. Activities include circle time, music, song, stories, and arts and crafts. Children must be toilet trained.

*No class: 2/16, 2/18*

*Instructor: Bean*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.311	M/W	1/21-3/24	12-2pm	3-4	17	BR

## Anti-discrimination Policy

*It is the City of San José's policy to afford all persons equal opportunity by prohibiting discrimination in City's programs against any person on the basis of race, sex, color, age, religion, sexual orientation, actual or perceived gender identity, disability, ethnicity, or national origin. It is the City's policy/goal is to expand opportunities for people with disabilities to participate in City services, programs and facilities.*



## MUSIC/THEATER ARTS

### Little Shining Stars

**\$70**

A fun drama class designed specifically for preschoolers. Has your little one expressed interest in getting on stage? Was he or she born to perform? Foster confidence and self-esteem in your child while they explore creativity and imagination through fun, fast-paced drama games and activities. Students will explore movement, puppetry, rhythm, mime, and acting in a supportive and positive environment. Children won't want to miss out on this wonderful opportunity to experience the magic of theater and fun! Note: Dress comfortably.

*Instructor: Dance Kids*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.401	T	1/20-3/9	1:45-2:30pm	3-5	8	BR

### Piano Keyboard - Level 1

**\$67**

A class in basic piano skills and music reading. Principles of rhythm, melody, harmony and ear training are taught with the aid of tonally accurate portable keyboards provided by the instructor. Participants will enjoy this individual approach. Access to a piano or keyboard is recommended. A \$7.50 music book fee payable to the instructor, will be collected at the first class. Students must bring their own set of headphones.

*No class: 2/16*

*Instructor: Noteworthy Music*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.402	M	1/26-3/22	3:15-3:55pm	6-8	8	BR
212.3.403	M	1/26-3/22	5:30-6:10pm	6-8	8	BR
212.3.404	M	1/26-3/22	6:15-6:55pm	6-12	8	BR

### Piano Keyboard - Level 2 & 3

**\$67**

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.405	M	1/26-3/22	4-4:40pm	6-12	8	BR
212.3.406	M	1/26-3/22	4:45-5:25pm	6-12	8	BR

## Don't Miss Out!

Register early because a class may be cancelled if it does not meet the minimum enrollment.



## SPORTS & FITNESS

### Golf - Junior \$60

This class welcomes boys and girls to learn the basic fundamentals of the golf swing, chipping and putting, rules of golf and etiquette. Also enjoy learning golf through fun contests and games. Golf clubs will be provided for those students without clubs. Location: Rancho Del Pueblo Golf Course

*Instructor: Horne*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.502	Sa	1/24-2/14	1-2pm	6-16	4	RP
212.3.503	Sa	2/21-3/13	1-2pm	6-16	4	RP

### Golf - Parent/Child \$120

Here is an opportunity for a parent and child to learn together a game they can enjoy playing together for many years. Learn the basic fundamentals of the golf swing, short game including chipping and putting, rules of golf and etiquette. Golf clubs are provided for those students without clubs. One registered child per adult. Please list both parent's name and child's name on registration form on the same line. Location: Rancho del Pueblo Golf Course.

*Instructor: Horne*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.522	Su	1/25-2/15	1-2pm	6+	4	RP
212.3.523	Su	2/22-3/14	1-2pm	6+	4	RP

### Gymnastics \$47

Learn basic floor gymnastics skill such as cartwheels, back bends, head stands, etc. Wear comfortable clothing.

*Instructor: Dance Arts Academy*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.501	W	1/21-3/10	5:30-6:25pm	5+	8	BR

### Karate - Beg/Intermediate \$98

This class is designed for the whole family. Parents are welcome to register along with their child. All classes include self-defense and stress the importance of self-confidence and mental discipline. Katas (forms) and tournament style kumite (sparring) are taught. Wear loose and comfortable clothing the first day of class and check with instructor for more details on clothing requirements. All levels are welcome. Check with instructor for uniform, belt testing and certification at the end of the session.

*Instructor: Camp Carter Intl.*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.504	T/Th	1/20-3/11	3:30-4:20pm	5+	16	BR
212.3.505	T/Th	1/20-3/11	4:30-5:20pm	5+	16	BR

### Karate (Shotokan) \$78

Funakoshi Shotokan Karate teaches traditional Japanese Karate, along with Japanese culture, philosophy, history, and language. All classes include self-defense and stress the importance of self-confidence and mental discipline. Wear loose and comfortable clothing the first day of class, and check with instructor for more details on clothing requirements. There is additional fee for uniform, belt testing and certification payable to the instructor.

*No class: 2/16*

*Instructor: Funakoshi*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.506	M/W	1/21-3/10	3:30-4:25pm	5+	14	BR

### Karate - Intermediate \$78

Students that have already studied Funakoshi Shotokan and earned the rank of yellow belt and above are welcome in this class. Intermediate and advanced katas (forms) and tournament style kumite (sparring) are taught. There is additional fee for uniform, belt testing and certification payable to the instructor.

*No class: 2/16*

*Instructor: Funakoshi*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.507	M/W	1/21-3/10	4:30-5:25pm	5+	14	BR
212.3.508	M/W	1/21-3/10	5:30-6:25pm	5+	14	BR

### Kidz Love Soccer \$58

KLS is a non-competitive environment for children to learn and play the world's most popular sport. Each session includes age specific warm-ups, demonstrations, thematic progressions, and recreational games. Classes are co-ed and every participant will have a ball at their feet! Shinguards are required after the first class meeting. **Tot Soccer:** 3.5-4 years-Encourages motor skills and introduces small children to the group setting. **Pre-Soccer:** 4-5.5 years-Teaches the basic technique of the game and builds self-esteem through participation and fun soccer activities. **Soccer 1:** 5-6 years-Teaches the basic techniques of soccer for beginners. Dribbling, passing, receiving, and shooting. **Soccer 2:** 7-8 years-Same as Soccer 1, also introduces team tactics. **Soccer 3:** 9-12 years-Same as Soccer 1 and 2, but also introduces advance soccer techniques and tactics. Rainout Hotline 1-800-399-8111.

*No class: 2/16*

*Instructor: Kidz Love Soccer*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.509	M	1/26-3/22	2:20-2:55pm	4-5	8	BR
212.3.510	M	1/26-3/22	3-3:45pm	5-6	8	BR
212.3.511	M	1/26-3/22	3:50-4:35pm	7-8	8	BR
212.3.512	M	1/26-3/22	3:50-4:50pm	9-12	8	BR
212.3.513	M	1/26-3/22	4:55-5:25pm	3.5-4	8	BR
212.3.514	Sa	1/24-3/13	9-9:30am	3.5-4	8	BR
212.3.515	Sa	1/24-3/13	9:35-10:10am	4-5	8	BR
212.3.516	Sa	1/24-3/13	10:15-11am	5-6	8	BR
212.3.517	Sa	1/24-3/13	11:05-11:50pm	7-8	8	BR
212.3.518	Sa	1/24-3/13	11:05am-12:05pm	9-12	8	BR

*Keep the Guide handy as reference. . . or recycle it by passing it along to a neighbor, or co-worker*



**SPORTS & FITNESS****Kinder Gym \$47**

Kinder Gym is designed to teach basic gymnastic skills, including movement exploration, balance and coordination. Parents are welcome to attend the first 10 minutes of the first class and attend the last meeting. Those students with long hair are required to tie it back.

*Instructor: Dance Arts Academy*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.519	W	1/21-3/10	10-10:55am	3-6	8	BR
212.3.520	W	1/21-3/10	3:30-4:25pm	4-6	8	BR

**Little Ninja Fitness Fun \$90**

This fun-filled class will give your child a great workout. Each little ninja will learn basic warm-up exercise, karate moves and fitness exercises. This is a great way to get your tot the chance to use their energy in a positive way. Check with instructor on uniform, belt testing and certification at the end of the session.

*Instructor: Camp Carter Intl.*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.521	W/F	1/21-3/12	9-9:40am	3-5	16	BR

**Tennis - Beginning \$65**

This class is for the person just starting out, as well as the player who has had a series of lessons and can make contact with the ball. Location: Cataldi Park.

*Instructor: Meyers*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.524	W	1/21-3/10	3-3:30pm	6-8	8	CP
212.3.525	Sa	1/24-3/13	12:30-1:00pm	6-8	8	CP
212.3.526	W	1/21-3/10	3:40-4:40pm	9-12	8	CP

**Tennis - Beg/Intermediate \$65**

You must have had taken lessons prior to this class. This is a broad range, but the player at this level should be able to do the following five things: 1) Serve - have a consistent second serve; 2) Volley - player can volley the ball in the air and place the shot consistently; 3) Groundstrokes - player can execute forehand and backhand shots consistently, forcing the opponent to move to return the shot; 4) Pace - player can hit consistently with low to medium power and pace on the ball; 5) Strategy- understanding of basic tactics of closing points, opening the court, defending the net etc. Location: Cataldi Park.

*Instructor: Meyers*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.527	Sa	1/24-3/13	10-11am	18+	8	CP
212.3.528	Sa	1/24-3/13	12:40-1:10pm	6-8	8	CP
212.3.529	Sa	1/24-3/13	1:20-2:20pm	9-12	8	CP
212.3.530	Sa	1/24-3/13	2:30-3:30pm	12-15	8	CP

**Tennis - Private Lessons \$100**

Have you ever wanted to take tennis lessons, but the lessons don't fit into your schedule? Now you have no excuse. Take private lessons from our tennis pro that fits into your schedule. Contact the Berryessa Community Center for more information. Your lessons will be tailored to your playing level. So if you are just beginning or want to brush up on groundstrokes or volleys, this is a great way to do it! Private lessons include four (4) lessons that are 30 minutes each. Location: Cataldi Park.

*Instructor: South Bay Sports*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.531	By Appt.		1/2 hr. lesson	6+	4	CP

**SPECIALTY CLASSES****Photography for Beginners \$30**

Learn the basics of photography. You will have the opportunity to find interesting scenes to photograph in the park. Start your own scrap book with the pictures you take yourself. This class is perfect for boys and girls who want to be creative.

*Instructor: Camp Carter*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.601	Sa	1/31-2/21	11:30am-12:20pm	5-13	4	BR
212.3.602	Sa	2/28-3/20	11:30am-12:20pm	5-13	4	BR

## Do you have a talent, hobby, or special skill to share with others?

Turn that skill into cash by becoming a class instructor. Apply on-line at

**[jobs.cityofsj.org](http://jobs.cityofsj.org)**

or call (408) 979-7829  
for more information.

*"Si necesita asistencia para traducir el Guía de Actividades del Departamento de Parques Recreación y Servicios a la Comunidad de la Ciudad de San José, por favor comuníquese con la línea de información de la Ciudad de San José al (408) 277-4000."*



## ADULT CLASSES

### Aerobic Kickboxing **\$56**

The hottest aerobic workout in existence today. C-bo works the whole body, while at the same time, teaches practical self-defense techniques. Learn a variety of blocks, kicks, and punches, burn calories and have a blast. Wear loose fitting clothing.

*Instructor: Camp Carter Intl.*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.703	Sa	1/31-3/20	11:30am-12:20pm	16+	8	BR

### Aerobics **\$67**

Work at your own pace to a high-energy format. In class you will get your overall workout with emphasis on toning muscle, gaining strength, and increasing flexibility, while improving cardiovascular level. Total fitness put to music. No children allowed in class. Please bring a floor mat or towel.

*No class: 2/16*

*Instructor: Martin*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.704	M/W	1/26-3/17	9-10am	18+	15	BR

### Aerobics **\$37**

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.705	Sa	1/31-3/20	9-10am	18+	7	BR

### America the Beautiful Quilt **\$92**

Inspired by the song "America the Beautiful," this quilt celebrates the richness and grandeur of our country. Strip quilting techniques are used for traditional quilt blocks. Paper pattern piecing techniques are used for the sky, sun and plains. Look at it in Quiltmaker magazine issue No. 86. Bring your own sewing machines. Location: Noble Portable.

*Instructor: Bolton*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.707	W	1/21-3/10	10am-12:30pm	18+	8	Port

### Cardio Sculpt/Body Conditioning **\$67**

Co-ed aerobics activity for fitness. A combination of aerobics and muscle toning activities. Both men and women can benefit from the program that helps to make men more "buffed" and women more shapely while becoming more fit. A good way to help reduce the effects of aging. Make your heart happy! Non-competitive. Work at your own level from easy to advanced. Even couch potatoes can be successful here!

*Instructor: Martin*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.708	T/Th	1/20-3/11	6-7pm	18+	16	BR

### Family Karate **\$98**

This class is for adults and families. Get a great workout together. All classes include self-defense and stress the importance of self-confidence and mental discipline. Katas (forms) and tournament style kumite (sparring) are taught. Wear loose and comfortable clothing the first day of class, and check with instructor for more details on clothing requirements. All levels are welcome.

*Instructor: Camp Carter Intl.*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.709	T/Th	1/20-3/11	7:30-8:20pm	5+	16	BR

### Golf - Adult

**\$60**

This class welcomes students of all levels, from the brand new golfer to the experienced player wanting to improve his or her game. Learn the basic fundamentals of the golf swing with irons and woods, short game including chipping and putting, practice skills, and basic rules and etiquette. Golf clubs will be provided for students without clubs. Location: Rancho del Pueblo Golf Course (off King Road).

*Instructor: Horne*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.710	Th	1/22-2/12	11am-12pm	16+	4	RP
212.3.711	STh	2/19-3/11	11am-12pm	16+	4	RP

## Employment Opportunities

Full-time and Part-time opportunities are listed online at

[jobs.cityofsj.org](http://jobs.cityofsj.org)



**ADULT CLASSES****Pilates****\$56**

Increase your strength, flexibility, inner balance and vitality. This class will focus on relieving tension in the back, neck, shoulders through breathing techniques and relaxation.

*Instructor: Camp Carter Intl.*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.712	T	1/27-3/16	7-7:50pm	18+	8	BR

**Sewing for Adults - Beg****\$92**

This is a beginning or refresher class for students that have no sewing experience or for students that wish to update their knowledge. The students will start with a simple project and progress to more difficult items. Some sewing machines will be provided.

*Instructor: Bolton*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.713	T	1/20-3/9	6:30-8:30pm	18+	8	BR

**Square Dancing****\$56**

Come learn to ho down! Learn basic square dancing steps and have fun too. Register with or without a partner. You'll be a pro in no time!

*Instructor: Camp Carter Intl.*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.714	M	1/26-3/15	7:30-8:30pm	18+	8	BR

**Tennis - Men's Beginning****\$65**

Introduction to basic strokes, including forehand, backhand, overhead serve (lob and net) racquet size purchase guidelines, court etiquette and score keeping. Doubles and singles strategies will be taught. Wear court sneakers. Students provide their own racquet and one unopened can of tennis balls. Location: Cataldi Park.

*Instructor: South Bay Sports*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.715	T	1/20-3/9	10-11am	18+	8	CP

**Tennis - Men's Intermediate****\$65**

Introduction to basic strokes, including forehand, backhand, overhead serve (lob and net) racquet size purchase guidelines, court etiquette and score keeping. Doubles and singles strategies will be taught. Wear court sneakers. Students provide their own racquet and one unopened can of tennis balls. Location: Cataldi Park.

*Instructor: South Bay Sports*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.716	T	1/20-3/9	11am-12pm	18+	8	CP
212.3.717	W	1/21-3/10	11am-12pm	18+	8	CP

**Tennis - Men's Senior****\$65**

Introduction to basic strokes, including forehand, backhand, overhead serve (lob and net) racquet size purchase guidelines, court etiquette and score keeping. Doubles and singles strategies will be taught. Wear court sneakers. Students provide their own racquet and one unopened can of tennis balls. Location: Cataldi Park.

*Instructor: South Bay Sports*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.718	T	1/20-3/9	1-2pm	50+	8	CP

**Tennis - Women's Beginning****\$65**

Introduction to basic strokes, including forehand, backhand, overhead serve (lob and net) racquet size purchase guidelines, court etiquette and score keeping. Doubles and singles strategies will be taught. Wear court sneakers. Students provide their own racquet and one unopened can of tennis balls. Location: Cataldi Park.

*Instructor: Meyers*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.719	W	1/21-3/10	10-11am	18+	8	CP
212.3.720	Th	1/22-3/11	10-11am	18+	8	CP

**Tennis - Beg/Intermediate****\$65**

Enjoy top-flight tennis instruction. Each student is required to bring their own tennis racquet and one unopened can of tennis balls to the first day of class. For those who wish to improve their depth and placement. Fundamentals of singles and doubles strategy.

*Instructor: Meyers*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.721	Sa	1/24-3/13	10-11am	18+	8	CP

**Tennis - Private Lessons****\$100**

Have you ever wanted to take tennis lessons, but the lessons don't fit into your schedule? Now you have no excuse. Take private lessons from our tennis pro that fits into your schedule. Contact the Berryessa Community Center for more information. Your lessons will be tailored to your playing level. So if you are just beginning or want to brush up on groundstrokes or volleys, this is a great way to do it! Private lessons include four (4) lessons that are 30 minutes each. Location: Cataldi Park.

*Instructor: Meyer*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.531	By Appt.		1/2 hr. lessons	6+	4	CP

**Yoga****\$37**

Increase your strength, flexibility, inner balance and vitality by participating in this class designed to reconnect you to your true self. This class will focus on relieving tension in the back, neck, shoulders, and hips through breathing techniques and relaxation. Additionally, special attention will be paid to proper alignment to enhance energy flow and posture.

*Instructor: Martin*

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.722	T	1/20-3/9	10-11am	14+	8	BR
212.3.723	Sa	1/31-3/20	10:15-11:15am	14+	8	BR



## THERAPEUTIC PROGRAMS

### Kinderfun \$70

A play program for children with developmental disabilities. The class includes music, games, arts and crafts, movement activities and field trips.

*Instructor: OTS Staff*

Course#	Day	Date	Time	Age	Mtg.	Loc.
263.3.807	Sa	1/24-3/13	1-2pm	6-16	4	BR

## SPORTS LEAGUE

### Coed Basketball \$55

A great opportunity for girls and boys! A non-competitive coed basketball league with an emphasis on instruction and fun. No scores will be kept. Our leagues adhere to the mission and vision of the Positive Coaching Alliance. The cost of the league includes supplies, officials, equipment, participant t-shirt, trophies and an end of the season pizza party. Alviso Youth Center.

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.100	Sa	1/31-4/3	TBD	5-11	8	ACC

### Positive Coaching Alliance

The Department of Parks, Recreation, and Neighborhood Services is a member of the Positive Coaching Alliance where "honoring the game" is more than just words. Our elementary sports programs have always been "funpetitive" where scores are not kept and ranking of teams is not done. We have now taken the philosophy of recreational enjoyment to new levels where coaches, parents, and children are taught even more about good sportsmanship, praising children, and being positive in all aspects of the game.

## SPECIAL EVENTS

### New Year's Dance \$15

**Saturday, January 17 • 6pm**

Celebrate this New Year with a wonderful dinner-dance. Entertainment and a delicious dinner is included in the price. Please purchase tickets to reserve your spot. This one is always a sell out!

### Chinese New Year's Dance \$5

**Saturday, January 24 • 7pm**

Celebrate the Chinese New Year. Enjoy wonderful live music and refreshments. This is a great opportunity to dance your socks off. Purchase your tickets early. This event is for adults – no children allowed. You don't want to miss this event!

## Friday Family Nights

### Family Movie Nights

1st Friday of each month

7:15 pm

Berryessa Community Center

A great way to enjoy a night out with the family. Refreshments will be provided. Each month, you will see a new release movie that is appropriate for the whole family. There is a suggested donation of \$1.00 per person.

### Badminton/Ping Pong

2nd & 3rd Friday of each month

6 pm

Berryessa Community Center

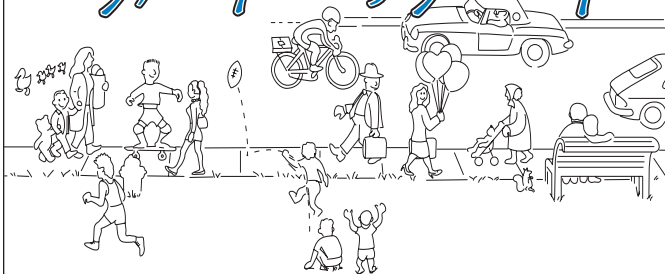
\$2.00 per person/per game

Get physical! Play badminton with your family or meet new people. Also available is ping pong. This is great way to exercise and have fun!

*...in sports as in every area of life,  
the desire to excel is within everyone...*

*Parks, Recreation and Neighborhood Services Vision*

*Communities of People  
connected by  
Play, Hope & Joy in Life.*



**“SPORTS FOR ALL” THROUGH CITYWIDE ADAPTED SPORTS! See Page 95**



## SAN JOSE AFTER SCHOOL

### Berryessa Area

**San José After School** is a partnership by the City of San José, with school districts, community-based organizations, teachers and parents to provide safe, fun and enriching activities for youth after school.

After school programs promote healthy youth development and student learning. This includes homework centers and tutoring, recreation, arts, and enrichment activities, and technology centers. Youth will enjoy safe, fun, and enriching activities at sites located throughout San José.

There are wonderful after school programs in your area. For more information about schools, libraries, and centers offering after school programs, please contact 408-251-6392.

#### Types of Programs

**Level 1: Homework Assistance.** Level one sites offer after school homework help at many locations in San José.

**Level 2: Safe and Accessible After School Programs.** Level two sites will offer integrated recreation and literacy and math enrichment programs.

**Level 3: Integrated and Comprehensive approach after school programs.** Level three sites integrate literacy, leadership, education, nutrition, cultural arts and recreation activities.

Site	Level of Program	Time
Berryessa Branch Library	Level 1, Homework Assistance	*
Brooktree Elementary School	Level 1, Homework Assistance	*
Cherrywood Elementary School	Level 2, Safe and Accessible	2:30-5:00pm
Independence High School	Level 1, Homework Assistance	*
Laneview Elementary School	Level 1, Homework Assistance	*
Vietnamese American Center	Level 1, Homework Assistance	*
Morrill Middle School	Level 1, Homework Assistance	*
Noble Elementary School	Level 2, Safe and Accessible	2:30-5:30pm
Northwood Elementary School	Level 2, Safe and Accessible	2:30-5:00pm
Orchard School	Level 1, Homework Assistance	*
Piedmont Hills High School	Level 1, Homework Assistance	*
Piedmont Middle School	Level 1, Homework Assistance	*
Ruskin Elementary School	Level 1, Homework Assistance	*
Sierramont Middle School	Level 1, Homework Assistance	*
Summerdale Elementary School	Level 3, Comprehensive	2:30-6:00pm
Toyon Elementary School	Level 2, Safe and Accessible	2:30-5:00pm
Vinci Park Elementary School	Level 1, Homework Assistance	*
Majestic Way	Level 2, Safe and Accessible	*

\* Homework Assistance offered at individual sites immediately following the end of the school day (approximately 2:30-3:30pm).



## BERRYESSA SENIOR PROGRAM

Berryessa Senior Program offers a detailed monthly activity guide listing all programs and services and includes the nutrition menu. This guide can be obtained by visiting the center. Please refer to page 8-9 for additional information regarding citywide aging services offered through the Office on Aging.

### Senior Nutrition

#### Nutrition Reservations

**\$2**

The Nutrition Program provides tasty and nutritious hot meals for seniors over 60 years of age. This is a great time to socialize with friends and family as well as meet new friends. Lunch is served Monday through Friday at 12pm – please check the detailed monthly activity guide for the daily menu. Each meal provides one-third of the Recommended Daily Allowance for seniors. Occasional workshops are provided on a variety of topics. The suggested donation for seniors 60+ is \$2.00 and the guest fee for individuals under 60 is \$5.00. Lunch cards are available for \$40 and is good for 21 meals – it's like getting one free! The lunch card can be used at any nutrition site and does not expire until all 21 meals have been used. NOTE: Reservations are required. Please call 408-251-4581 at least one day in advance but not more than two weeks.

### Advisory Council

Advisory Council is a group of volunteers who are responsible for providing input to the center staff on programs and senior issues. If you have ideas on how to improve programs and services at our center, please join us! The Senior Advisory Council meets the 2nd Monday of every month at 1pm to plan upcoming events and activities.

### Senior Bingo

Bingo is offered 1st, 3rd and 5th Thursday from 1-4pm. There are free snacks, door prizes, and special games. One pack is \$6, second pack is \$4 and the third pack is \$3. Payouts for regular games are \$100 per game and of the blackball comes up, it is an extra \$10. Special games have a \$120 payout. Come join the fun! Bingo is completely run by volunteers and we're always looking for additional help.

### Adult Education

The Center offers a wide variety of Adult Education Classes geared towards seniors. Most classes are free or low cost. Pick up an Adult Education class guide at the Center. The Fall Semester typically runs from early September to mid-December while the Spring semester runs from mid-January to May.

### Senior Services

The Center offers services such as SALA, HICAP, tax assistance, Parkinson's support group, book exchange, video library, care advocate and more. For some services, an appointment is needed. Please call 408-251-6392 for more information.

### Senior Drop-in Activities

The Center offers a wide variety of classes geared toward seniors. These classes are free or low cost. Come to the center to find out the dates and times. Classes include but are limited to aerobics, tai-chi, clubs and more.

### Senior Membership

Come support your local center by becoming a member of the senior program. The membership cost is \$7 per year. Memberships run from July to June. As a new member, you will receive a membership card and pin. Member benefits include discounts to special events, access to the video library and much more.

### Senior Special Events

Senior Nutrition has monthly special events. Please refer to the senior brochure for dates and times.

## Neighborhood Parks

### Important Numbers • (408) 794-1383

- To report an emergency at a park, **911\*** or 277-8911 from cell phones
- To report a non-emergency at a park, **311\*** or 277-8911 from cell phones
- To file a park concern with SJPd Mounted Unit, 277-5472
- To report a maintenance concern at a park, 794-1383
- To report a maintenance emergency at a park after hours, 277-4000
- To inquire about sports field reservations, 369-3907
- To volunteer at a neighborhood park, Adopt-a-Park, 277-4477

*\*Callers may ask to remain anonymous.*

Visit ***www.sjparks.org***  
for current park information.



*Satisfaction is important to us.  
We want to provide quality programs to  
all participants. If you are not satisfied  
with your program, let us know.  
Contact staff at your local facility,  
call 408-277-4661, or email  
PRNS@sanjoseca.gov.*